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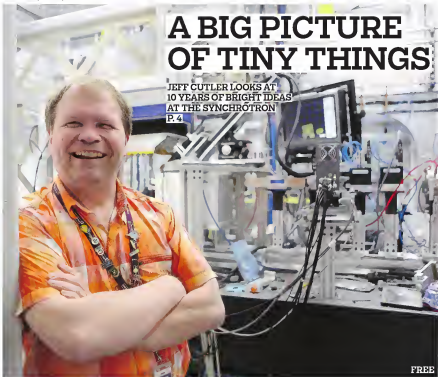
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WEDNESDAY, APRIL 2, 2016

A STARPHOENIX COMMUNITY NEWSPAPER

## A BIG PICTURE OF TINY THINGS

JEFF CUTLER LOOKS AT 10 YEARS OF BRIGHT IDEAS AT THE SYNCHROTRON  
**P.4**



**FREE**

# READ MY BOOK

**LOCAL AUTHORS:** Writers tell us what makes their book worth reading

# E.C. BLAKE (A.K.A. EDWARD WILLET)

## Masks appeals to both adults and teens



E.C. Blake (A.K.A. Edward Willet)

As an author I've always swung back and forth between books for younger readers and books for adults. When I was starting out I was more f'd primarily be a young adult (YA) author but I've actually had as much success writing for adults.

With my latest novel *Masks* — written under the pseudonym E.C. Blake — published by DAW Books in New York and hitting bookstores in hardcover all over the world on Nov. 5 — I've managed to straddle both worlds featuring a teenage character as a book both teens and adults will enjoy.

*Masks* is the first novel in a series that can thrive with *Shadow* next August and *Phen* in spring 2015. In the land of Aggrina, magic is a gift possessed by a very small percentage of the population with the ruling *Autarch* himself the most powerfully gifted of all. At age 16, citizens are recognized as adults and must don the spell-fused *Masks* whenever they are in public.

The *Masks* are magically crafted to conceal any treacherous thoughts or actions. And once such thoughts are exposed, the *Witchers* are there to enforce the law.

Mara Mokkett, daughter of the *Autarch's* Master *Masterson*, said, his son magically gifted is nearing her 16th birthday and her all-important *Masking*. Her father has been working behind closed doors to create her *Mask*, and now she does it, she expects to become his apprentice.

But at the ceremony, Mara's *Mask* rejects her and shatters. Instead of celebrating, she is torn away from her parents, imprisoned, and sent against a wagon headed for the mine. Not even her gift can save Mara the future that awaits her — a future that may see her freed to aid a rebel cause, forced to become a puppet of the *Autarch* or imprisoned into a force so dangerous to her world as the legendary *Lady of Pain* and *Pain*.



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## Nuts About Nature At Beaver Creek Conservation Area



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Guess what kids? You can send your questions to me at the address below.

Dear Chip,

Under the melting snow I saw some moose on the bottom of a tree. How do moose on trees stay so soft and green through the winter? Jack



Moose are some of the wildest green life that we can enjoy in the spring. It does seem like they would stay that way all winter. Moose are also a bit of a mystery, they are very good at hiding in the woods and providing homes to a many different kinds of tiny creatures that humans can't see with their eyes. I only know about them because of my friendship with the experts that come and go across the landscape sharing information and teachings with all of us.

In the spring, even if there is a lot of snow like this year, the moose can be fully seen underneath the snow, especially on the south side of a tree. The snow crystallizes as it melts and freezes again, making a more light. The heat of the sun causes off of the base of the tree melting the snow apart, creating a space between the snow and the mossy tree. This space collects heat and moisture allowing for enough protection from the bitter cold for the moose to remain soft. In really cold temperatures the moss will go dormant. In a similar way to trees, leaving full of sap, acids and sometimes called liquid that help to protect the tissues of the moss. Great question! Thanks Jack.

Send your questions to me at the address below, then watch *Bridges for the snowies*.

Your pal, Chip

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Scientists like Tom Roper use the Canadian Light Source Synchrotron to study the smallest particles of life. Their discoveries lead to an appreciation of the wonder of our world. **BRIDGES PHOTO BY MICHELLE BERG**

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A new cookbook, *The Pure Prairie Eating Plan* co-edited by Catherine Chan and Rhonda Bell, both nutrition professors at the University of Alberta, includes a range of healthy food recipes — including this healthy but smoothie. **BRIDGES PHOTO AND FOOD STYLING BY NICOLE LEE BING**

## BRIDGES COVER PHOTO BY MICHELLE BERG

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# ON THE COVER

It's one of the top labs for this kind of research in the world. — *Mauricio Barba*

# CANADIAN LIGHT SOURCE SYNCHROTRON

## Accelerating knowledge



Scientists come to Saskatchewan from all over the world to use the Canadian Light Source Synchrotron located on the University of Saskatchewan campus. *Photo: Mike Smith*

By Sean Trembath

Saskatchewan's synchrotron is a lot to take in.

Located on the University of Saskatchewan campus, the device is massive, spread out across a huge greenhouse-like space.

To an untrained observer, it's an incomprehensible jumble of brushed steel and cables. To the researchers

who discover for the first time, it's one of Canada's most important scientific resources.

For all its size, the synchrotron's purpose is to reveal the incredibly small. The intense light beams generated by ringing electrons around a near light-speed allow scientists to see the tiny particles that make up our world.

The knowledge gained is applied

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to a vast variety of fields for both new science and industry.

"It's one of the top labs for this kind of research in the world. It's cutting-edge technology that we have there, with scientists that can pro-

vide capabilities that few other labs on the planet can. When I say few, I mean, you can count them on your hand," says Mauricio Barba, a University of Regina physicist who uses the synchrotron to study disease bones and skin.

It's been almost 18 years since the grand opening of the facility, which saw CBC TV news anchor Peter Mansbridge broadcast live from the

equipment. Over 2,700 researchers have taken more than 35,000 shifts with the equipment. Recently they surpassed 1,000 total peer-reviewed papers published with their findings.

The synchrotron's main function is the advancement of knowledge, but it has also put the U of S, the city and the province on the worldwide scientific map.

[Continued on Page 6](#)



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This is a province, and a city, that really saw an opportunity, and grabbed the proverbial brass ring.

—Jeff Cutler

In the 1980s, the Natural Sciences and Engineering Research Council (NSERC), Canada's federal funding agency for science, did a study on what kind of research facility would best serve the country. A synchrotron was the best investment for Canada to make, says Jeff Cutler, director of industrial science for Canadian Light Source Inc. (CLS), the non-profit organization that built and now administers the synchrotron.

The next question was where it would come down to either the U of S or the University of Western Ontario. Western had a geographical advantage, with more universities in the area meaning there were more scientists nearby to use the facility.

The U of S, on the other hand, had the Saskatchewan Accelerator Laboratory (SAL), a smaller particle accelerator located in Saskatoon. The facility was a lot of the knowledge base required to build and maintain such a device was already in place.

Convincing NSERC to build in Saskatoon was a joint effort between the university and both levels of local government.

"This is a province, and a city that really saw an opportunity, and grabbed the proverbial brass ring," Cutler says.

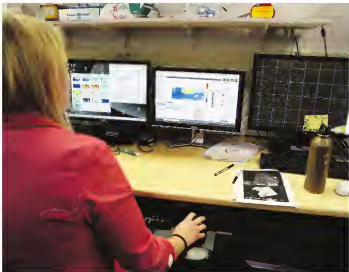
The facility opened with seven beamlines, each of which pulls a specific type of light from the central ring that contains the accelerated electrons. Each beamline is useful in different types of science. Research can involve a number of the facility applying for time on the beamline that best suits their work.

As researchers demanded different types of light, the facility expanded. There are now 15 beamlines, with eight more under construction.

"We've done more, and grown faster than I anticipated," Cutler says. "These places are organic. They're always growing and adding new pieces of equipment."

Norwich Time is generous. Some beamlines have more time than any anywhere as there are more users. The application process is rigorous.

Twice a year, CLS opens up to 100 points. Researchers from around the



PHD candidate Jessica Stoenberg works at the distribution of different elements in mass spectra using at the synchrotron. (GENE PHOTO BY WENDY STOK)

world submit their work. Applications go to an international panel of scientists who grade them based on their soundness and their potential impact on the scientific world.

It's stressful waiting for your reviews to come back," says Jessica Stoenberg, a PhD student from Western who is at the CLS for the second time.

Once the proposals are graded, administrators look at a ranked list, figure out how much time is available and essentially draw a line, something Cutler says they don't make the cut are given feedback, and have

a chance to reapply during the next round of proposals.

Time is measured in eight-hour shifts. Typically, a research team has 40 to 72 hours with their chosen beamline. There is no time to waste. Many of the work areas have rooms so, which researchers use to catch whatever sleep they can between experiments.

CLS time is almost entirely self-sufficient. Teams get as much data as they can, then take it back home and start the arduous process of analysis.

You can take a 24-hour shift and

get enough data to test just a year of breadmaking," says Zachary Belak, head of research and development for food company Shinko Solutions, which says the device to observe silver nanoparticles for cleaning products.

Shinko is an example of the industrial use of the facility. As much as 20 per cent of beam time goes to paying customers. Clients range from large multinational corporations like Boeing to much smaller operations like Shinko.

In attracting these international companies and scientists, CLS has

established Saskatoon as the worldwide scientific community. While research will always be the focus, having such an important piece of equipment is also a major source of prestige.

"There's no question the CLS is a beacon of science, not just for the university but the city and the province," Cutler says.

"This is an international facility. This facility has put Saskatoon and this university on international footing."

stoenberj@sthenorphoto.com  
jeff@clscanada.ca

It's quite good luck that I have a lab like CLS, and also these dinosaurs, in my backyard  
—Barb

## PONDERING PRE-HISTORIC PARTICLES



Maureen Barba (left) with a dinosaur skin sample. He says the synchrotron facility samples taken from dinosaurs that were found in Saskatchewan and Alberta. (Photo: Photo by Goto Wallgate)

For Maureen Barba, the light provided by the CLS illuminates the distant past. While others look at soil samples or chemical compounds, the University of Saskatchewan physics professor pores the beams at something he has been on his toes about since he was young — dinosaurs.

Barba uses the CLS to look at dinosaur bones and skin. Many of his samples came from right here in Saskatchewan in the form of the famous Tyrannosaurus Rex found near Estevan. Others come from nearby Alberta.

"It's quite good luck that I have a lab like CLS, and also these dinosaurs in my backyard," says Barba.

Barba explores several questions in his dinosaur work. The bones give clues about how certain species lived, how they moved and what they ate. The skin tells some of the same, but also sheds light on what colour the dinosaurs might have been.

Dinosaurs have never been Barba's primary subject of research; he studies very high-energy physics, having worked at particle accelerators in Switzerland and Germany. He chose physics over paleontology early in his academic career.

"My physics tool spoke louder than my palaeontology," says Barba.

But, he kept a few dinosaur-related projects in his back pocket.

Originally from Brazil, Barba settled in Regina after his wife got pregnant. While focused on his regular physics work, he started volunteering at the local Saskatchewan Museum during dinosaur bones as a hobby. After while, a curator there started asking about how he could use his physics expertise to learn more about the ancient creatures.

What started as a side project for Barba has evolved into a full-blown research stream.

"There's no way back now. It's no longer just a hobby in the real world," he says.

Barba has used several of the synchrotron's beamlines, depending on what type of technique he is trying to collect. He also has his eye on some of the newer lines being constructed.

Having worked with accelerators across the globe, he has nothing but good things to say about the Saskatchewan facility.

"CLS really got on the map in the international community. People come here all the way from China. They could have gone to Europe, but they came here because of the capabilities and the high quality of the CLS," Barba says.

## TOON TIME! Earth Day Campus Tours

We invite you to celebrate Earth Day at the U of S by joining us in a walking tour of campus that features some of our sustainability initiatives.

**Tuesday, April 22, 2014**  
Time: 1:15 p.m. (90 min tour)

**Tuesday, April 22, 2014**  
Time: 6:45 p.m. (90 min tour)

**Starting Location:** Diefenbaker Canada Centre Lobby

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**Refreshments will be provided after each tour.**



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Before I started, I kind of had that misconception that we're the small guy. But really, the whole way the CLS has been set up, it's just been very easy for us to access this equipment. — Zachery Belak

## THE FUTURE OF DISINFECTANTS

For many athletes, silver means you didn't win gold. Shutout Solutions is using silver to put itself at the head of the pack.

"The Shutout company is using silver nanoparticles — extremely tiny bits of the precious metal — to revolutionize disinfectant technology, and the synchrotron is essential to their research."

"There's such a small amount [of nanoparticles] that there's no way to detect them without the synchrotron," says Zachery Belak, research chemist and head of research and development for Shutout.

Silver nanoparticles are non-toxic to humans and environmentally friendly, but also act as a disinfectant, Belak says.

Shutout's first product is a spray used to combat sports odors, but the company is looking towards many other applications in the medical and industrial sectors.

One particularly fascinating line of study is for disinfectants that keep working after you're done cleaning.

"The problem with most disinfectant chemicals is you identify a surface, but as soon as you wipe it off, the next person to touch the handle or the doorknob, bacteria and fungi are put back on the surface," he says.

With silver, it may be possible to create a solution that keeps working after the cleaning process is done. Imagine disinfectants that keep themselves clean long after a spray has been applied.

"That way if someone touches the doorknob, it will actually degrade itself before the next person touches it," Belak says.

Such a solution could be invaluable in hospitals, where the spread of sickness is a constant concern or in schools and workplaces. Self-cleaning surfaces could prevent the transmission of flu and other sicknesses, leading to a more productive work or education environment.

There's still a long way to go, which is where the synchrotron comes in.



Shutout Solutions's Zachery Belak is developing a spray that self-cleans itself: an invaluable solution for hospitals, schools and workplaces. SHUTOUT PHOTO BY MICHELLE RENO

Part of what is known about these particles — the best size, shape, method of stabilizing them, method of making them — to give the best anti-microbial effects," Belak says.

Belak works with chemicals at the U of S to make different sizes and shapes of silver nanoparticles. Then

they can put them into a baseline at the synchrotron to see how exactly they are working at a molecular level.

"You can actually tell what form the silver is in, and you get all sorts of detailed information about what these silver particles are doing at a very microscopic level."

As a small, local company, Shutout is able to use and learn from the synchrotron, which is not just for huge, multinational corporations. "Before I started, I kind of had that misconception that we're the small guy that really the whole way the CLS has been set up. It's just been very

easy for us to access this equipment. It's been user-friendly, and it's been a great help for our research," Belak says.

"If anyone says the synchrotron only costs a billion-dollar or compares in our expense that's not true at all."





# ON THE SCENE

## # SASKATOON YOUTH ORCHESTRA GALA DINNER AND CONCERT

The Saskatoon Youth Orchestra (SYO) held a gala dinner and concert at the Hilton Garden Inn ballroom on March 29. Young SYO musicians played jazz music at backing violators at the event, which raised about \$10,000 for the organization. The theme: an evening out on the town, was enhanced by decorative floral centerpieces. Saskatoon's famous SYO alumni, the master of ceremonies for the evening was Mark Turner, the newly appointed general manager of the Saskatoon Symphony Orchestra, who performed the 200 guests dining dinner.

The SYO is a full orchestra for players aged 12 to 25. The organization also offers a string orchestra for young players and a double bass program. Members study privately and audition for membership.

1. Mark Turner, left, and Kerry Agnew

2. Kerrie left and Darren Anderson

3. (left tonight) Denise, William David and Steven Seiby

4. Tracie, left and Karen McKenna

5. Allison Tomiyama, left and Arden Phillips

6. Ian Walcott, left, and Paddy Nelson

7. Veronica Puddin-Lovett, left, and Monica Howard

**BRIDGES PHOTOS  
BY LIAM RICHARDS**





# Next week in BRIDGES

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entrepreneur and  
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Dustin Main

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# ON THE SCENE

## # SOVA DESIGN MILLINERY FASHION SHOW

Debuting her fall hats after a nod to styles of days gone by while keeping the wearer on trend in the modern age, Sova Design's style set, stocked to Sova Design Millinery on March 30 for a fall/winter 2014 collection fashion show. Held at the Tagliero's close on Third Ave. S., guests enjoyed appetizers and wine. After the show, people were welcome to try on the creations by owner and designer Sheri Hynov as well as others from Sova Design's own artisans and around the world.

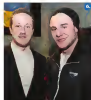
This year's Hynov's collection is inspired by her Ukrainian heritage. "My thoughts are with my family living in Ukraine as they struggle against the current government," she says.

BRIDGES PHOTOS BY MICHELLE BEED



# ON THE SCENE

1. Amy Gilbert and Daisy Outbrent-Idol
2. Jenna Bozsmuker and Ben Boudry
3. Sydney Forbes, Shanon Burns and Jennifer Macneil
4. Ulika Epstein
5. Zane Gebush
6. James Kramer and Derrick Belich
7. Gelin Rhane and Britany Lamp
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# SPACES

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## # SASKATCHEWAN'S BEST SPACES

### '80s home gets '60s style in '14

By Ashley Martin

**WHO?** Chelsi and Paul Gobel

**WHAT/WHERE/WHEN?** The 1960s style of their home is a two-storey in-law bungalow built in 1963. They bought the place in February 2011, moved in that May and did some minor renovations — cosmetic stuff like painting, changing out the carpet in favour of hardwood, tiling the back deck, restoring the counter top. The house has good bones, but it's Chelsi's style that flexes its out.

**WHY?** Chelsi was swept up by the mid-century modern aesthetic from an early age, with her grandmother's influence. Her house was tall, 60s, but kind of eclectic, and doing there was just seeing all these amazing vintage pieces that had stood the test of time and had sentimental value.

When her grandmother passed away, Chelsi inherited some of her things and began her own collection in high school. She'd sneak her finds into the house, stash them in the basement. "Then once I was bringing home things and stuff, I couldn't hide it."

"I'm obsessed with the aesthetic (of the '60s). I love the clean lines and how it looks and it just clicks."

**HOW?** There is a fine line to be drawn in vintage-style decorating, to successfully render a classic look but not overdo it.

"That's my fear is it looking cluttered or like an old lady's bric-a-brac collection everywhere or worse, I just want it to look classic and not like a museum."

But Chelsi has struck a balance through her methods. Kicking a unique colour palette throughout the house — white walls with teal, yellow and pink accents — and grouping things as collections to minimize clutter.



BRIDGES PHOTOS  
BY BRYAN SCHLOSSER

## SPACES



"Paul doesn't like clutter and neither do I" and Chris, who tries to get rid of an old thing whenever she trips in a new one. "As long as things are clean and neat and not too junky, I think he's fine with it."

Though she is a hardcore Beatles fan (she met Paul McCartney this summer and not his signature tattooed on her wrist), who has avoided making the house a Beatles theme. She'll show a special room like the parlor her brother gave her for Christmas, which is on display in the front room. (Chris's her Beatles collection has a place in a spare room upstairs.)

Chris's treasures usually come from garage sales, estate sales, a flea and thrift shopping — although that's not as fruitful an avenue as it used to be. "Now there are so many people who don't pickers. I'll see stuff on Craigslist (a) day later and totally picked up prices. Craigslist isn't always a best though — she did find her favorite piece on the site, the teal couch in the front room. "It was way less than I had budgeted" for a sofa, she said.

Chris is also a picky kind of woman. If she finds a piece in perfect shape, she'll fix it up. The cabinet in the front room got a second life with her, an old the same dining chairs, which she got for 10 each.

With their first baby on the way, Chris is not looking forward to the prospect of baby proofing. With all the small items she has on display, it's going to be a lot of work. "I think I'm going to have to give some of it down but some of the stuff to the ground."



# IN THE CITY

# MARCH 26, 2014 - 3:24 P.M.

## Butterflies hanging loose



Four-year-old Mia Mathews covers in green butterflies on March 26. She was at the Butterfly & Garden exhibit which was brought back in celebration of Garden's 25th anniversary at Portland Park on the weekend. Over 5,000 live exotic and native butterflies were released into a newly thought butterfly house complete with a professionally designed butterfly garden. **BRADLEY PHOTO BY MICHELLE ADNA**



## # ASK ELLIE

## A breakup by text is cowardly but effective

**Q.** My boyfriend of four years just broke up with me via TEXT, with an "I'm done."

Because he was being cowardly, I asked him what was going on. I didn't check on him or tell him day which I think would be the only reasons we would say something so cruel.

I know it's because he's a coward and doesn't like confrontation. He has been coward like this before.

But even a "he's afraid to talk" text would've been enough for me to respond with "no you don't." That is, the break up was innocent, but I feel like crap because of his cold words.

He basically said a decent role playing and what could've been a decent breakup. I'm 26 and he's 24 but I feel like a child now with my heart. Do you have any words of advice to me or help?

**Text Breakup**

**A.** I don't know if I can make you feel better, but I do advise that, in any relationship, putting expectations on someone to think and react as you would, usually doesn't work.

**Ask Ellie**

This relationship had met its course. What you call "coward" may have been a performance for independence or privacy on his part. You're both middle-aged adults, with different beliefs followed ways.

Or maybe his cowardism made you suspicious and you questioned him whenever he behaved that way.

Whatever the reason, it was over. And you know it.

You're afraid some of your heart is falling in, that you couldn't answer back with as equally definitive ending.

Text breakups are cold, yes, and of ten cowardly too. But they're unfortunately sometimes the only way to cut through the ongoing to-conflict debate

about who's the worse character in the dream.

It doesn't matter now. Move on.

**Q.** My problem is why I can't find a date, or when I eventually do, how do I turn it into a relationship? I'm a college student, 21, overweight (just obese, but I could lose more than a few pounds), and I'm slowly but steadily working on it.

I'm not truly handsome, but consider myself safe and I'm a geek/nerd that likes geeks/nerd things.

I'm curious of couples I want to cuddle too.

I've tried the online dating scene. My profile is nice and well thought out. However I've message a ton of girls but none message me back.

I'm not the most confident person either, but I can talk a girl out in person, too.

How do I meet a girl that actually wants to make a connection with me? What am I doing wrong?

**Lonely Nerd**

**A.** You're doing nothing wrong, I

think you're rightly thinking about how to improve your dating approach. Moreover, you present a positive but clear-eyed self-assessment, so you can see for yourself what to work on.

Overweight is a health issue, but also affects self-image and social non-acceptance. Stop working on getting fit and eating healthfully. It's done and benefit you as all you do.

There are lots of female nerds out there, too. And, lots of women who appreciate a clever word and sense of humor.

The problem with online dating sites at your age and stage is that many younger women (and men too), especially students, just want fun, so they check profiles for superficial signs, not meaningful connections.

You'd do better to do activities, call long clubs and events, and outside in town groups, where the geek-oriented or completely new things like movie club, training.

Get moving, instead of worrying.

**Q.** I can't maintain close friendships,

despite having no problem making new friends.

I'm pretty outgoing and sociable, and can get along with anyone.

But most of my friendships have burned, faded and awkward because I've lost touch or we drifted apart.

I've never had a best friend, or close friends. I feel like a third wheel with so-called friends as they only call if they need me.

Am I doing something to keep people from sticking around?

**No Best Friend Forever**

**A.** It's hard to "diagnose" the unknown dynamics between you and others, but what stands out in your description of what these short-term friends don't do.

If you're lost touch, it's you who also hasn't kept up contact, invited people over, phoned suggesting you'd get together for something you'd both enjoy.

Friendships take work, and close ones take devotion — like knowing when someone needs a call or offering your help before it's requested.

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# GARDENING

## # PROVINCIAL GARDENING

### Finding a place in the sun

By Sara Williams

Whenever I drive past fields of sunflowers destined for oil, I stop at least once to stare at their height and whiteness to "kiss the sun."

In the past, sunflowers (Helianthus annuus) were occasionally planted in rural gardens as windbreaks to provide living bird feed, or simply as a burst of colour that changed as the seasons changed. In the 1960s, suddenly sunflowers were in vogue. New hybrids that were often yellow with vibrant centres and a shorter stature took the gardening world by storm. And it hasn't stopped yet. There are a plethora of cultivars.

The common sunflower ranges in height from two to three metres, with huge yellow flowers selected for seed production. Newer garden cultivars are shorter and come in colours such as white, yellow, bronze, mahogany and purple, including tri-colours, single and double forms. They begin blooming in late summer and continue into fall. The leaves are large, rough and hairy.

Sunflowers grow best in full sun but will do OK in partial shade, even directly in the end of a road slip. They tolerate poorer soils but better cultivation benefits from a moderate application of a well-balanced fertilizer.

Sunflowers are useful as accent plants, screening in mixed or natural beds and as fresh or dried arrangements. Dried cultivars can even be used in cutarrangements. Go for the gold and plant them in masses with drifts of different cultivars. It's cheap, quick, and so effective!

The following are a sampling of the hundreds of available cultivars.

**DWARF** (under 60 cm) excellent for containers or an annual border

- **Chaco Sun** (20-30 cm) Very compact, well-branched plants with flat petals. Some yellow flowers with dark chocolate brown centres.
- **Junior** (60 cm) Pollen-free, yellow flowers (15 cm diameter).
- **Miss Sunshine** (20-30 cm) 30-day resistant, golden-brown, sunny golden.



The King of Sun sunflower will grow from 60 to 100 cm tall. (Submitted photo)



Midnight Beauty sunflower cultivar doesn't bloom.

**SPREAD-FACING BLOOMS** (7-13 cm)

- **Teddy Bear** (80 cm) Double golden blooms with brown centres (15 cm).
- **Moonshine** (60 cm) Very floriferous, golden-free, yellow blooms (10-12 cm).

**MEDIUM HEIGHT** (60 — 120 cm)

- **Firecracker** (80 — 75 cm) Pollen-free, red and yellow, 10-cm blooms.
- **Sunrich Orange** (90 cm) Pollen-free, orange flowers 10-15 cm in diameter.

**TALL** (100 — 180 cm) for back of the border

- **Pro Cut** (100 cm) Pollen-free yellow and red flowers with a brown centre. 9-15 cm wide.
- **Santa Fe** (140 cm) Orange-yellow, pollen-free, double flowers, 10-15 cm wide.
- **Volante** (150 cm) Lateral branching lemon yellow 10 cm wide flowers.
- **Moonshadow** (120 cm) Pollen-free, branching white flowers with a yellow disc and brown centre, 8-10 cm wide flowers.
- **Flameless** (120 cm) Rusty centre with light yellow tips, 12 cm wide flowers.



Pro Cut Sunflower. Photo courtesy Sarah L. Williams



Teddy Bear sunflower cultivar doesn't bloom.

- **King of Fire** (100 cm) Branching, translucent dark red base with golden tips and dark centre. 10-15 cm wide flowers.
  - **Sunray** (100 cm) Golden with large brown centres. 10-15 cm blooms, thick stems.
  - **Ring of Fire** (100 cm) Branching, translucent dark red base with golden tips and dark centre. 10-15 cm wide flowers.
  - **Moonlight** (80 cm) Pollen-free, dark red disc. 10 cm wide blooms.
  - **Moonlight** (80 cm) Pollen-free, single yellow blooms 10 cm wide.
- GIANT** (180+) to impress the children in your life. Bright suns with spreading and fertility.
- **Sunbright Supreme** (210 cm) Golden yellow with brown centre (10-15 cm) pollen-free, strong stems and necks.
  - **Ruby** (180 cm) Ruby red through.

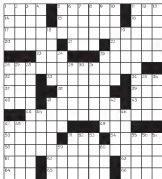
Sara Williams is the co-author (with Angie Strickland) of *Gardening Made Easy: A Chemical-free Handbook for the Pros*. The column is provided courtesy of the *Stikeland's Forensic Society* ([www.stikelandssociety.com](http://www.stikelandssociety.com)).

## #CROSSWORD

## NEW YORK TIMES Edited by Will Shortz

## ACROSS

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 6 Half... .. justice order!  
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 39 On a drink costume  
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## DOWN

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PHOTOGRAPH BY ANDREW

# JANRIC  
CLASSIC  
SUDOKU

## Level: EASY

All in the classic cells  
 using numbers 1 to 9.  
 Each number can appear only once in a row,  
 column and 3x3  
 block. Use logic and  
 process of elimination  
 to solve the puzzle.  
 The difficulty level  
 ranges from Beginner  
 (easiest) to Super  
 to Gold (hardest).



Sudoku to the  
 crossword puzzle and  
 the Sudoku code  
 found on Page 21

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# OUTSIDE THE LINES



## # Colouring contest

Each week Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to [steph@phoenix.com](mailto:steph@phoenix.com). One winner will be chosen each week.

Please send in entry by Monday at 9 a.m.



Last week's contest winner is Samuel Nicholas-Drozdo. Thanks to everyone who submitted entries!



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# WINE WORLD

## #SASKATCHEWAN LIQUOR TRENDS

### No Russian vodka in Sask.? Not a problem

By James Romanow

Read Walk recently straddled the world like a colossus, holding a Saskatchewan spotlight to the man born of legend who ordered the SGA to stop selling Russian vodkas. Those that (he later retracted the order).

As it happens the province only stocks one Russian vodka, and it isn't even a terribly popular label. This is curious as two of the strongest vodka sellers I purchased to be the same — Stolichnaya and Moskovskaya — were available.

Way back in the 1990s when Pepsi signed a trade agreement with the Soviet Union they ran into the problem of registering cartons. The reason was very simple: Pepsi, very simply because the sole importer for Moskovskaya, and I think Belka. And then Russian vodka was introduced to the market and the boom in premium vodka began.

A friend of another introduced me to Moskovskaya, which is a good central European, but in the process, it has a slightly more floral palate to the edge/poetry Stolichnaya. I drink both and usually have a Moskovskaya in the liquor cabinet, partly just to remember it.

Stolichnaya was the marketing wars in the '90s. Since then both distilleries have moved to lower strength labels, where drinking is a lot easier. Throughout the boom the bottles were



found their Soviet label designs. These days, the old label looked more and then traditional. The Latvians recently redesigned the labels with subtle touches that keep them recognizable while very attractive.

Whether you drink your vodka out of the freezer with a hint or in a tonic, give both of these a try. They're good. Think of it as solidarity with Ukraine.

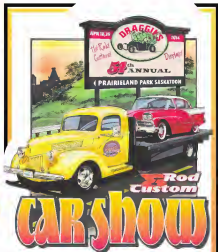
Moskovskaya Vodka, triple \*\*\*\*

Stolichnaya Vodka, 40% \*\*\*\*  
More great news in Monday's paper and on Twitter @jromanow.

## Crossword/Sudoku answers

P	I	S	S	A	V	I	A	T	E	C	A	F
A	N	O	K	N	A	S	S	A	V	E	R	I
C	U	R	I	E	S	T	R	E	P	O	R	T
S	P	I	C	E	V	E	R	S	A	I	D	E
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P	O	N	P	O	U	S	A	S	S	I	S	T
O	R	A	R	E	P	L	I	C	A	R	A	M
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E	O	K	C	A	R	R	O	G	S			
C	L	A	R	I	C	I	S	T	I	C	A	T
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8	1	4	9	6	3	2	7	5



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# SHARPEATS

#SASKATCHEWAN FOOD TRENDS

## Prairie eating pure and simple

By Jenn Sharp

Despite the overload of diets and weight loss solutions out there, obesity rates are higher than ever. New information comes out (frequently) daily on what foods to eat for health, weight loss, reducing inflammation and cancer prevention, the list goes on and on. It's no wonder people get overwhelmed and give up on eating healthy.

A new book is targeted at people living on the Prairies that want to eat well and either lose or maintain their weight: *The Pure Prairie Eating Plan* was written by Catherine Chan and Rhonda Bell, both nutrition professors at the University of Alberta.

The book combines the best of both worlds. It's a no-gimmick, easy-to-follow eating plan that includes a range of healthy foods, many of which are grown on the Prairies. Weekly eating plans are included, along with a range of recipes all with nutrition information. Facts about Canadian grain products and healthy substitutions are there as well, making *The Pure Prairie Eating Plan* just the cookbook part food education bible.

While I've read other cookbooks with a Prairie flavor design, I appreciate this book for its simplicity, bright pictures and easy-to-read format. More so, I love the fact that it encourages people to get to know their local food products and experiment in the kitchen.

To order your copy, visit [www.mccullybooks.com](http://www.mccullybooks.com) or visit the book for more information, or to order the book go to [www.pureprairie.ca](http://www.pureprairie.ca).

The following are just some of the varied recipes you'll find in *The Pure Prairie Eating Plan*. We had to test out a few for ourselves at Bridges and I can assure you that everything was delicious.

### Mixed Grain and Lentil Pilaf

This dish is packed with filling proteins, healthy carbs, hydrates and vitamins. It also makes an excellent side dish for any kind of meat or poultry (reduce serving size to ½ cup). Leftovers can be used in a salad the next day.

Serves 8 – serving size 1 cup

#### INGREDIENTS:

- 4 cups water
- ½ cup dried lentils, sorted and rinsed
- ½ cup uncooked bulgur
- ½ cup uncooked quinoa
- 1 ½ cups canned art
- 1 cup dried onion
- 1 cup dried green or red bell pepper
- 4 oz dried mushrooms
- ½ cup sliced almonds or pecans, toasted
- ½ cup chopped parsley or mint
- 1 tbsp canola oil
- 2 oz cup salt
- 2 oz oil, reduced fat (oil, olive, sunflower)

#### DIRECTIONS:

1. In a large saucepan, bring the water and lentils to a boil over high heat. Reduce the heat to medium-low cover and cook for 18 minutes.
2. Stir in the bulgur and quinoa. Cover and cook for 18 minutes, or until the lentils are just tender.

Drain in a fine mesh sieve.

3. Meanwhile, heat 1 tbsp of the canola oil in a large skillet over medium-high heat. Cook the onion and peppers 4 minutes or until edges begin to brown. Add the mushrooms and cook for 5 minutes or until the edges begin to brown, stirring occasionally.

Meanwhile,

4. Remove from heat, gently stir in the drained lentils, bulgur, almonds, parsley, salt and second ½ cup canola oil.
5. Sprinkle with the cheese and gently fold in until just combined.



Mixed Grain and Lentil Pilaf. BRIDGES PHOTO AND FOOD STYLING BY MICHELLE BELL



Yam 'Fries' with Cajun Dipping Sauce. BRIDGES PHOTO AND FOOD STYLING BY MICHELLE BELL

#### DIRECTIONS:

1. Preheat oven to 400°F. Line large baking sheet with aluminum foil.
2. Peel yams and cut in half lengthwise. Then slice into 1 cm slices, and finally into ½ cm

slices to resemble fries.

3. Place yams in a large bowl. Drizzle canola oil and toss gently, yet thoroughly to coat. Sprinkle with paprika and black pepper, and toss gently.
4. Arrange yams in a single layer on baking

sheet. Bake for 30 to 35 minutes, turning with a spatula after 30 minutes, or until beginning to brown.

5. Serve immediately for peak flavor and texture.

### Yam "Fries" with Cajun Dipping Sauce

Yams are a good source of fibre and potassium. If you want an extra boost of beta-carotene and a lower glycemic index, use sweet potatoes instead of yams. Try other spices such as cumin, chili powder or cayenne for a different taste.

Serves 6 – serving size ½ cup

#### INGREDIENTS:

- 1 ½ lb yams
- 2 tbsp canola oil
- 2 tsp smoked paprika
- ½ tsp coarsely ground black pepper
- Cajun Dipping Sauce:
- ½ cup fat free sour cream
- 1 tsp Louisiana hot sauce or Tabasco sauce
- 2 medium garlic cloves, minced

# SHARP EATS



Smart Cookies: PHOTOGRAPHY AND FOOD STYLING BY MICHELLE BERG

## Smart Cookies

These are the cookies to bake when you need a pick-me-up. Sometimes you'll take into crunch from the corn flakes or maybe you'll find the sweetness of raisins.

Serves 24 — serving size 1 cookie

### INGREDIENTS:

- ½ cup peanut butter
- ½ cup margarine
- 1/3 cup brown sugar
- 1/3 cup premixed sugar
- ½ cup melted
- 1 egg
- ½ cup whole barley flour
- ½ cup baking soda
- ½ cup salt

- ½ cup rolled oats
- ½ cup Corn Flakes
- ½ cup raisins or nuts
- ½ cup chocolate chips
- 1 cup water

### DIRECTIONS:

1. In a large bowl, beat peanut butter, margarine and sugars together until smooth. Beat in vanilla and egg.
2. Add flour, oats and salt. Stir until combined. Add remaining ingredients — Corn Flakes, nuts and chocolate chips. Add water to help bind dough.
3. Spoon onto a cookie sheet and bake at 375°F for 10 to 12 minutes.

## Fruit Smoothie



Experiment with your favorite fruit combination. In some up with your own personal smoothie, or try adding a handful of spinach or cucumber. For an extra flavor boost, blend a tsp ground flaxseed or coconut oil into your drink.

Serves 2 — serving size 1 cup

### INGREDIENTS:

- 2 cups frozen, unsweetened fruit mix
- 1 ½ cups low-fat vanilla yogurt
- 1 cup 2% milk
- 1 tsp honey

### DIRECTIONS:

1. Place fruit mix, yogurt, milk and honey in the blender. Blend to desired consistency. Enjoy!





## EVENTS

**24th Annual Artists' Work  
shop Art Show and Sale**  
April 4, 7 p.m. to 10 p.m., April  
5, 10 a.m. to 5 p.m., and April  
6, 12 p.m. to 4 p.m. at Green-  
woodminster United Church  
auditorium, 565 10th St. E.  
Presented by Virginia Beaville,  
Stacey Valerie Borschi, Margaret  
Stimmer, Lou Chronis, Janet  
Duffy, Kathryn Brown, Lar-  
aine Klauz, Rosemary, Karen  
Mugyle, Val Miles, Valerie  
Munch, Eve Poirier-Koo, Gill  
Frank, Kristi Veen, Susan and  
Marlyn Weiss.

**Care Series IV—Reimag-  
ined**  
April 4-6, 7 p.m. at PAVED  
Arts, 424 20th St. W. PAVED  
Arts in partnership with  
the Saskatoon Symphony  
orchestra, a live perfor-  
mance pairing visual artists  
with symphony musicians  
performing contemporary  
compositions. Tickets at  
pavedarts.com

**Remembrance: Annelis  
Interactive Exhibit and  
Gathering**  
April 4-6 at Dance Saskatoon-  
west, 2014 Pacific Ave.  
Celebrated the 100 and work  
of dance artist Annelis Izack.  
Dance performances, work-  
shops and conversations  
exploring a rich history of  
body teachings inspired by  
Annelis. Opening reception  
April 4, 7 p.m. to 10 p.m. Visit  
remembrance.ca/skatoon/  
remembrance-annelis.

**Poésie Star Gallery**  
April 4-27 at 1136 Eighth  
St. S. Poésie Works  
by Anne McElroy, Bina  
Flanagan, David Shkolnik,  
Edward Epp, Eve Kofky,  
Garry Sterling, Kim Davis,  
Valerie Senye and Yulien  
Moore.

**Paved Arts**  
Until April 6 at 424 20th St.  
W. Sounds Like Audio Art  
Festival: a day for experimen-  
tal sound artists. The festival



*Plotside by Bob Gassidy as display at the Museum of Contemporary Art.*

runs July 24-26. Submit  
performance-oriented audio  
art project audio files  
also electronically to Paved  
Arts' Town and Country,  
an audio art installation by  
Anita Hamilton, Rachel  
Boon, Kitchin XV by Jordan  
Schwartz, rifting on Twoline  
Nephew by Michael Hertz,  
and Kitchin in Room. Town  
and Country XV by Peter Stearns  
and Ned Townsend, a docu-  
mentary about an art collec-  
tion. Until April 16.

**Mayday Artists Art Show  
& Sale**  
April 5-6, 12 p.m. to 4:30 p.m.,  
at Mayday Urban Church,  
1503 33rd St. W. Featuring re-  
cent original work, refresh-  
ments and a door prize draw.

**Dorrell Bell Gallery**  
Until April 5 at 405-105 21st  
St. E. New paintings by  
Dorcassey Award winner  
depicting the native city.

**Affinity Gallery**  
*(Indochine Craft  
Council)*  
Until April 12 at 813 Broadway  
Ave. W. Visible Art. Works  
that were featured in the first  
Saskatchewan Visible Art  
Sale on Oct. 26, 2013. Reception  
April 12, 2 p.m. to 4 p.m.

**Centre West Galleries**  
Until April 13 at The Centre  
A display by the Kitchin  
School Industrial Arts in  
The Royal Gallery, work by  
The Bridge City Bookends  
Arts built in The Jade and  
Ambler Galleries, work by  
The Saskatoon Woodworkers  
Guild in The Simms Gallery,  
photos by Imogen Photog-  
raphy on the Life of Jesus. A  
multimedia exhibition  
featuring the works of 12  
artists. Reception April 12, 3  
p.m. to 5 p.m., with curator  
Louise (Hudson) Truesler.

**Green Arts Collected Home**  
Until April 22 at 220 20th St.  
W. Andie Nicole "I Works of  
Art"

**Station Arts Centre,  
Saskatoon**  
Until April 26 at 101 Railway  
Ave. W. Stillborn: Obscure  
Specimens by Wendy Westrom.  
Exploring obscure aban-  
doned and elevated build-  
ings in rural Saskatchewan  
reflects Western's interest in  
women and history.

**Wiggar Museum & Gallery**  
Until April 23 at 105 Third  
Ave. W. Biggie A Wing and  
A Prayer by Diane Larabee  
Elliot

paintings and sculptures by  
Tom Ambrose and Sandy  
Christensen, runs until June  
24.

**Ukrainian Museum of  
Canada**  
Until June 21 at 510 Spadina  
Cres. E. Moved by the Spirit:  
Anita's Interpretation  
on the Life of Jesus. A  
multimedia exhibition  
featuring the works of 12  
artists. Reception April 12, 3  
p.m. to 5 p.m., with curator  
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A Prayer by Diane Larabee  
Elliot

**St. Thomas More Gallery**  
Until April 25 at 1431 College  
St. Collaboration, ninth an-  
nual USCAD. An "Intracur-  
ricular" and certificate students  
exhibition.

**The Spring Collection**  
Until April 30 on the eighth  
floor of the Delta Saskatoon.  
Presented by Kiefer  
Fine Art. From sculpture  
and modern contemporary  
art. Works by Raphael Gil-  
lispeter, Michael Anthony,  
Tom Schultz, William Prebble  
and Tim Johnson.

**The Still Gallery**  
Until April 30 at Collective  
Forest, 220 20th St. W.  
Forest Landscapes by Kathy  
Bradshaw. New abstracts by  
Jon Garvey. Runs until May  
25 at City Parks, 801 Seventh  
St. N.

**Twickenbridge Centre**  
Through April at 119 Gros-  
poinet Cres. Art in the Centre,  
works by the Saskatoon  
Quilt Guild.

**The Gallery at Frances Mon-  
aghan Library**  
Until May 1 at the library. The  
Get that Shot on a Tumble  
Shel by Patrick Bales.  
Reception April 2, 7 p.m.

**Handmade House  
Showcase**  
Until May 2 at 710 Broadway  
Ave. New working potter Ar-  
rory Taylor.

**DeWickville Canada Centre**  
Until June 18 at 1017 Main-  
sucker Pl. A Queen and Her  
Country. This exhibit com-  
memorates the Diamond  
Jubilee of Her Majesty Queen  
Elizabeth II from a uniquely  
Canadian perspective.

**Ukrainian Museum of  
Canada**  
Until June 21 at 510 Spadina  
Cres. E. Moved by the Spirit:  
A multimedia exhibition fea-  
turing the works of 12 artists.

Ordinary Women,  
Extraordinary  
LIVES

PerseusCare  
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DISTINCTION  
AWARDS  
DINNER  
YVCA

WOMEN OF  
DISTINCTION  
AWARDS  
DINNER  
MAY 29, 2014

5:30pm champagne  
reception and silent auction  
6:00pm dinner and program

Early bird tickets  
\$120 before May 9

Get your tickets today  
on Perseus  
www.perseuscare.com/tickets/2014  
306.244.7023 x121

## EVENTS

## # FAMILY

**Power and Hot Yoga**

Wednesdays at the Farmers' Market at 10 a.m. Led by Dianne Stange and her partner. For power yoga with children ages 16 months to three- and-a-half years old. Admission is free with a suggested donation of a vinyl or a mix of youth, bring a snack and a drink.

**Stars and Stripes**

Wednesdays, 1 p.m., at Centre Cinemas in The Centre. Choice of two movies each week. A kid-friendly environment with lower volume, dimmed lighting, a changing table and stroller parking is a select theatre.

**Sign, Play and Explore Workshop**

First Wednesday of each month through December 10:30 a.m. to 1:30 p.m., at the Pregnancy and Parenting Health Centre, 348 Third Ave. S. Parents and their babies/toddlers explore their world, develop skills and engage in developmental learning experiences. Monthly registration is required. Email: [terri@myearthhands.com](mailto:terri@myearthhands.com), visit [www.earthhands.com](http://www.earthhands.com)

**Fun Factory Indoor Playground**

Daily at 30300 Quebec Ave. A fun indoor playground for young children and adults and children under one year are free. There is a separate fenced in area for children under two.

**Market Mall Children's Play Centre**

Daily just off the food court at Market Mall. This play area is free and has different level slides. Children must wear socks in the play area.

**Children's Play Centre**

Daily at Lawson Heights Mall. A fun, safe, and vibrant for

crushed children to play. Please note this is an unsupervised play area, and adults must stay with and supervise children at all times.

**Drop-in Breastfeeding Group**

April 3, 10, May 6, 22, June 5, 19, 3 p.m. to 5 p.m., at Pregnancy and Parenting Health Centre, 348 Third Ave. S. Hosted by Living Skies, Living Milk. A support and chat group to learn and mingle with other mothers or soon-to-be mothers.

**Kids' Learn to Sew**

Four-week sessions, Thursdays April 3, 10, 17 and 24, 6 a.m. to 9 p.m., at the Redway, 10000 Lincoln University. Kids ages nine to 13 learn to sew personalized projects like a pillow case, blanket, book or binder cover, and a bag. Register online at [www.southwestfamily.org](http://www.southwestfamily.org).

**Seasons**

Thursdays 9 a.m. to 11 a.m., October to May, at Emmanuel Baptist Church, 1838 Australia. Parent supervised playgroup for kids ages one to six. Indoor play equipment, games, coloring, dress-up, coffee/tea for parents. Registration on arrival. Call 971-1234.

**Movies for Moms**

Thursdays 1 p.m., at Rainbow Cinemas in The Centre. An infant-friendly environment with reduced sound, change tables, bottle warming and stroller parking.

**Dragon Tales Day**

The first and third Thursday morning each month during the school year at St. George's Anglican Church, 624 Ave. 15. A free movie and hot popcorn. Call 263-7973.

**Shop in a Hat**

Fridays, 9:30 a.m. to 10:30

a.m., meet in front of Customer Service at The Mall at Lawson Heights. Classes consist of power walking, body sculpting moves in the exercise tubing and a socializing for parents and babies. Drop-in at [www.mallatlawsonheights.com](http://www.mallatlawsonheights.com). No classes on stat holidays.

**Coffee Time for Moms**

Fridays, 10 a.m. to 10:30 a.m., at Bobbi's Bobbi's Book, 11-709 Central Ave. Moms enjoy a free cup of coffee while children play in the playroom.

**Baby Talk at SPL**

Fridays, 10:30 a.m., at Alice Turner Branch, Mandan 10:30 a.m. to 11:30 a.m. at Carlyle King Branch and 11:30 a.m. to 12:30 p.m. at CWT Branch. Free hour singing and rhymes, then mingle with other parents.

**Agriculture in the City**

April 3, 10 a.m. to 4 p.m., in The Mall at Lawson Heights. Feed cows! Discover the real agriculture play in your daily life. Interactive displays, a children's learning zone, live cooking shows, and a game show with prizes. With local farmers, researchers and companies. Visit [celebrateagriculture.org](http://celebrateagriculture.org).

**Info at our Child Emergency Case Counselor**

Daily, 9 a.m. to 5 p.m., at Message Therapy at Association of Saskatchewan, 16-1224 Quebec Ave. A free group counseling for children ages 3-12. Designed for anyone who might care for a child. Visit [www.messagetherapy.ca](http://www.messagetherapy.ca) for locations.

**Craft and Story Time**

Saturdays, 3 p.m., at Maple Books, 3032 English St. E. in the kids' section.

**Something on Mondays**

Sundays, 2 p.m. to 4 p.m., at the Mendel Art Gallery,

950 Soudan Cres. C. Free family fun for ages four to 12, accompanied by an adult. Art making activities led by gallery artists. Supplies are provided. April 4, Spring Arts Art. Art making inspired by the season.

**Postnatal Yoga**

Mondays, 12 p.m. to 1 p.m., at Pregnancy and Parenting Health Centre, 348 Third Ave. S. Beginner to intermediate poses designed to help with postpartum recovery. Baby friendly class with a certified yoga teacher suitable for four weeks to two years postpartum. Register at [www.pregnancyandparenting.ca](http://www.pregnancyandparenting.ca). No class on stat holidays.

**Prenatal Yoga**

Mondays, 6 p.m. to 7 p.m., at Pregnancy and Parenting Health Centre, 348 Third Ave. S. Taught by a doula and certified yoga teacher. Informative and safe for any stage in pregnancy. Call 263-281-0443 or email [heidi@statsholidays.com](mailto:heidi@statsholidays.com). No class on stat holidays.

**Bobbi's Bobbi's Book Playroom**

Mondays to Fridays, 10:30 a.m. to 4:30 p.m. and late night Thursday at Bobbi's Bobbi's Book, 11-709 Central Ave. With a vast area, children and a shopping cart, puppet theatre, stage and crafts. To book groups, or to check for availability, call 356-384-4791 or email [bobbibobbibooks@outlook.com](mailto:bobbibobbibooks@outlook.com).

**Evening for Parents**

April 8, 6:30 p.m. to 8 p.m., at John Lake School, 2606 Broadway Ave. A dessert night with parenting sessions. With presenters Chloé Melchior from Catholic Family Services, Malina Christopoulos, and Adrienne Koster. Educator Linda Koster. To register call 263-264-0332.



Breastfeeding Café goes Tuesday, 10 a.m. to 12:30 a.m., at Watson's Pharmacy Health Centre, 330 Fairlight Dr.

**email info@familyservice.sk.ca, visit [www.familyservice.sk.ca](http://www.familyservice.sk.ca), or plastic/cosmetic event/parent.****Drop-in Playgroup**

Mondays to Fridays through May, 9:30 a.m. to 11:30 a.m., at Heik's Toys Soccer Centre, 219 Princess Dr. An indoor public playground with ride-on toys, climbing equipment, toys and books for children up to age six. Food and drinks are welcome, but the building is peanut-free.

**Playgroup**

Thursdays, 9:30 a.m. to 11:30 a.m., at Grace-Westminster United Church. Hosted by Patricia Harts Learning Community, a group of families inspired by Waldorf philosophy. Programming is aimed at children ages two to five, but all ages are welcome.

**Breastfeeding Café**

Tuesdays, 10 a.m. to 12:30 a.m., at Westside Primary Health Centre, 201 Fairlight Dr. A drop-in support group for breastfeeding women. Sessions will be facilitated by a lactation consultant with a lactation educational presentation, and time for interaction with the other mothers.

**Preschool Story Time**

Tuesdays and Fridays, 10:30 a.m. to 11 a.m., at McElroy Robinson, 3100 Eighth St. E. For children ages three to five in the Circle of Trees. Call 366-955-9477.

**Nativity Playgroup**

Tuesdays and Wednesdays, 9:30 a.m. to 11:30 a.m., at Meewasin Valley United Church, 327 Pinehouse Dr. For children up to age five. Email: [meewasinvalley@meewasinvalley.ca](mailto:meewasinvalley@meewasinvalley.ca).

# EVENTS

**Stay and Play**  
Tuesdays and Wednesdays 9 to 10 a.m. to 11:30 a.m., September through April, at Leslie St. Community Centre. For children as young as five. Semi-structured, creative, snacks, story time, toys, activities. Email stayandplay@leslie.com or visit the Facebook page.

**BRICKS 4 KIDS** Saskatoon Regular after-school programs, preschool classes and camps for kids of all ages at various locations in Saskatoon. An atmosphere for students to build unique creations, play games, and have fun using LEGO bricks. Visit [www.brickson4kids.com](http://www.brickson4kids.com) or call 306-979-7193.

**Saskatoon Public Library Programs**  
Opening daily programs for children and families. Find the calendar at [saskatoonlibrary.ca/programs](http://saskatoonlibrary.ca/programs)

## # SPECIAL EVENTS

**PUZZE Conference**  
April 3, 8 a.m., at the Hudson Bay Hotel. A conference dedicated to marketing and communication professionals. Speakers include Ms. Danyelle, Lesanne Belandier, Karynne Smith, Ryan McCre, Karalé, Karmine, Marlene and Elyse Vanderhaegh, and Aaron Dregh. Visit [www.puzzekon.ca](http://www.puzzekon.ca). Tickets at [www.puzzekon.ca](http://www.puzzekon.ca).

**What's for Dinner?**  
April 3, 5:30 p.m. reception at the Holiday Inn hosted by the Children's Discovery Museum in partnership with REC Dominion Securities. A wonderful night of dining for grown-ups. Dinner will follow the reception at one of the participating restaurants. List of restaurants at [www.museumofkids.ca/whatsfordinner](http://www.museumofkids.ca/whatsfordinner). Tickets at 306-543-3555.



Actors, from left, Garet C. Smith, Dakota Hudson and Roseanne Supernault perform in a production of *Greasy and tazy* which runs until April 6 at Peninsula Theatre. 888-926-7470 or [CSTP.NET/ST](http://CSTP.NET/ST)

**U of S Chamber Ensemble**  
April 2, 7:30 p.m., at Quince Theatre. In the U of S Education Building.

**Canadian Light Source (CLS) Public Hours**  
April 4, 9:30 a.m., and April 17, 7 p.m. at the Canadian Light Source, 44 Innovation Blvd. The accelerator research facility is open to the public. Learn about the CLS's contributions to advance research. Free registration is required. Call 306-497-3644, email [eduback@lightsource.ca](mailto:eduback@lightsource.ca) or visit [www.lightsource.ca/education/public\\_hours.php](http://www.lightsource.ca/education/public_hours.php).

**Seventh Annual Gold Slipper Banquet for Polesovets**  
April 3, 6:30 p.m., at TCU Rec. The Princess Shops Annual Fundraiser. See the impact the shop makes in Saskatoon and throughout

Saskatchewan on its precious products. Tickets at [www.polesovets.ca](http://www.polesovets.ca).

**In Search of Elly Hilleman: A Section from The Adorno Illusions**  
April 4, 8:30 p.m., at Elton 217 at the U of S. Presented by the U of S Department of English. A paper in response to the diary and letters of Elly Hilleman, a Dutch Jewish woman living in Amsterdam in the 1940s, who perished in Auschwitz in 1943.

**Nature Legion Show and Dinner**  
April 4, 6:30 p.m. supper, 8 p.m. dinner at 3023 Louise St. Featuring a tribute to Roy Orbison. Call 306-376-6363.

**Something Old, Something New, Something Borrowed, Something Blue**  
April 4, 7:30 p.m., at Elton Church. The U of S Wind Or-

chestra's spring performance. Works by Schumann, Wagner, Haydn, and Glinka. Inquiries featuring TQ2 Tickets at the door.

**The World Beloved**  
April 4, 7:30 p.m., at Stukon Arts Centre in Saskatoon, and April 5, 7:30 p.m., at Nelson Arts Centre. A bluegrass music performance by the Stukon Singers of Rosthern. With the Greater Picher's Kim deLafayette, Lucas Welch, Doug Knowles and Krystle Berkel. Under the direction of Jeff MacIntyre. Ticketed at Stukon Arts Centre, but free for members, or at the door.

**Twelve One Centaur Steak Night Fundraiser**  
April 7, 6:30 p.m., at Sutherland Bar & Grill, 860 Central Ave. Steak, chicken and veggie options. With a silent auction.

Tickets at Centage House Perils, 306-374-4644 until April 6.

**Living Hope Petterik Super and Game Night**  
April 5, 6 p.m. to 11:30 p.m., at Living Hope Church, 302 Dawson St. Bring loved ones, a potluck dish, and snacks to share. Part of the 2014 World Table Top Games Day events. Visit [www.tabletopgames.com](http://www.tabletopgames.com).

**U of S Jazz Ensemble**  
April 5, 7:30 p.m., at Quince Theatre in the U of S Education Building. Their semi-annual concert. Tickets at the door.

**Pancake Breakfast, Craft & Yard Sale**  
April 6, 9 a.m. to 1:30 p.m. breakfast, 10 a.m. to 2 p.m. sale, at Nations Legion, 3023 Louise St. Call 306-376-6363.

**Kenny vs Spenny vs Genade**  
April 5 at Louie Pub. \$10.00 OUP.

**James Oleso Solo Performance**  
April 6, 3 p.m., at Havel Arts Centre. A solo classical solo rental. Tickets at 306-384-7722, [perspectivehavel.org](http://perspectivehavel.org).

**Tonight It's Poetry**  
April 6, 8 p.m., at the Basement, 202 Fourth Ave. N. Featuring Kyle Goyson.

**Stop Being a Yo-Yo Di**  
Bikeme 15 a.m. April 7, 7 p.m., at Broadway Theatre. Dr. Anna Sharma discusses obesity and weight management myths and talks about the latest science on what works and what doesn't. Tickets at [www.danahanna.ca](http://www.danahanna.ca). These meals will support the Canadian Obesity Network.

## # THEATRE

**Stop Kiss**  
April 3-6, 8 p.m., at The Refinery Theatre. A play by Lisa Faye. Independent Theatre Productions. Embree Theatre. The story of two young women whose friendship slowly blossoms into something more. A Kiss unleashes a violent reaction that shakes everything.

**Greasy and tazy**  
Until April 6 at Studio 114, 914 20th St. W. A re-orientation with Western Canada Theatre, Gateway Theatre and SNCT. After the death of their parents Denise becomes sole caregiver to her older sister, Isabelle, who was severely affected by PAB. Tickets at 306-384-7722, [perspectivehavel.org](http://perspectivehavel.org).

*David Selinger is an arts journalist writing regularly in English. Listings will be posted on space permits.*



# BRIDGES



EARLY BIRD PRIZE DEADLINE:  
**MIDNIGHT,  
TOMORROW!**



**DON'T  
MISS  
OUT!**

**\$88,000**

TICKETS: \$100 Each, 3 for \$250 or



5 for \$375

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DEADLINE:  
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